

5. (Amended) Process according to claim 1 wherein the ingredients comprise: 1) an isocyanate-terminated, urethane-containing prepolymer made by reacting an excessive amount of a polyisocyanate containing at least 65% by weight of 4,4'-diphenylmethane diisocyanate or a variant thereof with a polyoxyethylene polyoxypropylene polyol having a number average nominal functionality of 2-4, a number average equivalent weight of 750-2500 and an oxyethylene content of 60-90% by weight, the prepolymer having an NCO value of 3-15% by weight; and 2) water.

6. (Amended) A process according to claim 4 wherein the amount of water is 0.8-5% by weight calculated on all ingredients used.

7. (Amended) Process according to claim 4, wherein the amount of polyether polyol having at least 50% by weight of oxyethylene groups is at least 50% by weight calculated on all ingredients used.

8. (Amended) Process according to claim 4 wherein the reaction is conducted at an NCO index of 40-150.

10. (Amended) Process according to claim 1 wherein step 1 is repeated after one week.

11. (Amended) Process according to claim 1 wherein step 1 is repeated after 24 hours.

12. (Amended) Process according to claim 1 wherein step 1 is repeated after 8 hours.

15. (Amended) Foam according to claim 13 wherein the vibration transmissibility at 6 Hz is 0.3-0.9 and the resilience is 55-80%.